

# Build a Healthier Workforce

A healthy workforce is more creative, efficient and effective. Build a healthier workforce by offering professional health screenings, influenza vaccinations and informative educational programs at your worksite.

Henry Ford Health System Worksite Health Promotion brings the screenings, vaccinations and education directly to your employees, at your location. Convenient and easy to arrange, our programs are cost-effective and can lead to fewer sick days, increased productivity, and lower medical and disability insurance claims. Not to mention a staff that knows their employer cares about their health and wellness.

All screenings and flu shots are performed by licensed nurses and health professionals.

Following any worksite screening, a confidential report about the health status of your location is provided. Aggregate reporting methods protect employee privacy.

Worksite wellness programs yield a \$3 return for every \$1 invested.



## About Us

Henry Ford Health System's Center for Health Promotion and Disease Prevention was established in 1995. The Center's programs are based on research and validated processes to reduce health risk. A staff of more than 20 dedicated individuals brings wellness information and resources to the community. We focus on the needs and requests of organizations that want unique, reliable ways to enhance employee health.

## Contact Us

For more information about worksite health promotion programs or for a free proposal for your organization, call (313) 874-3095 or email [WellnessEvents@hfhs.org](mailto:WellnessEvents@hfhs.org). Visit our website at [www.henryford.com/worksitewellness](http://www.henryford.com/worksitewellness) or use one of our online request forms:

Flu shots: [www.henryford.com/flushot](http://www.henryford.com/flushot)

Health and Wellness Services:  
[www.henryford.com/wellnessevents](http://www.henryford.com/wellnessevents)



**Center for Health Promotion  
and Disease Prevention**

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# Build a healthier workforce



# Center for Health Promotion & Disease Prevention

## Influenza Vaccinations

Offered every fall, flu shots can prevent this contagious respiratory virus. Our highly-trained nurses can come to your site and provide this service which practically pays for itself by reducing absenteeism and last-minute no-shows. We can directly bill HAP, Blue Care Network and Medicare covered employees for the cost of flu shots.



*Five to 20 percent* of the population gets the flu every year, leading to sick days and the chance the virus will spread to other employees.

All screening services are backed by the resources of Henry Ford Health System. If an employee's results necessitate a physician visit, nurses can schedule an appointment with a Henry Ford physician before they leave the screening area.

## Blood Panel Screenings

Using just a finger stick to take a blood sample, nurses provide employees with results in about six minutes.

**Choose from a list of screening services. Here are some examples:**

- **Gateway to Wellness**  
This complete option includes a lipid panel with total, HDL (good), LDL (bad) cholesterol and triglycerides; blood glucose, blood pressure, body mass index (BMI), educational materials, counseling and follow-up for high-risk employees.
- **Exceptional Care**  
Included are total and HDL (good) cholesterol, blood glucose, blood pressure, body mass index (BMI), educational materials, counseling and follow-up for high-risk employees.
- **Foundation for Wellness**  
Blood pressure and/or body mass index (BMI), educational materials, counseling and follow-up for high-risk employees.

*Sixty-five percent* of adults are either overweight or obese.

## Health Coaching

Health coaching is a new and innovative approach to wellness. Your employees will work one-on-one with our certified health coaches to discover how they can set health goals and overcome barriers to making healthy choices. This leads to happier, healthier, and ultimately more productive employees. Our health coaches can work telephonically or travel to your site. The program is customizable to fit your needs and the needs of your employees.



## Wellness Education

Lunch-and-Learn sessions at work offer your staff the tools to improve their health. Participants can learn specific wellness techniques and solutions from a Henry Ford expert. Programs are tailored to the individual needs of your organization, often detected through the data generated from worksite screenings and Health Risk Assessments.

### Examples:

High percentage of smokers → Smoking cessation program  
High average BMI → Healthy eating and portion control  
High cholesterol → Heart disease and stroke prevention

Educational programs are also available to address high blood pressure, exercise, weight management, asthma or allergy, stress management, diabetes, cancer and more.

Reducing salt intake, losing 10 pounds, and going for a *30-minute daily walk* can significantly reduce high blood pressure.

## Smoking Intervention

According to the Centers for Disease Control and Prevention, smoking increases absenteeism, Worker's Compensation payments and health and life insurance costs and claims, resulting in direct costs to employers.

Give your staff the tools they need to quit with Henry Ford's seven-week Freedom From Smoking program. Henry Ford also offers employers a telephone-based Smoking Intervention Program (SIP), which is covered by most HAP insurance plans.

Three 15-minute smoking breaks a day cost employers *195 working hours a year* for each employee.

## Program Fees

Employers using Health Alliance Plan (HAP) insurance receive a discount on covered services. HAP, Blue Care Network and Medicare often cover the cost of flu shots.

Call for a free proposal for flu shots, screening services, wellness education or smoking intervention programs for your worksite. Discounts for multiple services are available.

HEALTH & WELLNESS  
IS A JOURNEY.



## Let Us Help You Find Your Path.

*Get a weekly email of the latest health and wellness articles from the Henry Ford LiveWell blog.*

-  Delicious healthy recipes, cooking videos and nutrition advice
-  Fitness tips and articles to help you stay motivated
-  Expert advice on the latest health trends and news
-  Information on how to raise healthy kids and teens
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